

THE

BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

Council on Aging

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*Identify needs, develop and
implement programs and
services, educate citizens,
and advocate on behalf of
elders.*

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August-September 2014

Beauport: Gloucester's Sleeper McCann House

Please circle the date **September 18** on your calendar, and plan to join us for a visit to **Beauport, the Sleeper McCann House**. This exceptional National Historic Landmark is located in Gloucester, MA.



Beauport was the summer home of Henry Davis Sleeper, one of America's earliest professional interior designers. Overlooking Gloucester Harbor, Beauport became Sleeper's

professional showcase—the place where he entertained and inspired friends and potential clients.

After Sleeper died, Mr. and Mrs. Charles McCann purchased Beauport. Understanding their importance, the McCann's left most of Sleeper's lifetime collections intact. The house has 40 rooms; each room is distinguished by a historical or literary figure, theme, shape, color, or object.

(Beauport: Continued on page 3)

Police and Fire Departments Sponsor Lunch

On **Wednesday, September 10**, the Boxborough Police and Fire Departments will co-sponsor a free lunch and public safety presentation for all seniors. Boxborough Professional Firefighters Union 4601 and the Boxborough Police Union 200 are each contributing generously to the food purchase for this meal, which starts at **noon** at the Community Center. This is a popular event, providing a chance for you both to socialize and to learn. Enjoy a delicious lunch and become informed about safety issues that could affect you. For instance, the police will discuss the latest frauds and scams that target seniors and will explain how you can protect yourself. To register for this lunch, please call Laura at 978-264-1717.

Fall 2014 Classes for Seniors

All classes begin the week of September 1. Call Laura (978-264-1717) at the COA to register for these programs.

■ **Fitness with Holly** Join others in this motivating class. Participants will improve their strength, balance, and flexibility. Classes are held on Mondays, Wednesdays, and Fridays at 9 AM at the Community Center, 30 Middle Road. This 12-week session begins on Wednesday, September 3. You may sign up for one, two, or three classes per week. Cost is \$36 for one class per week;

■ **Yoga for Seniors** The practice of yoga, with its physical postures, breathing exercises, and meditation, brings more ease and balance in the mind and body. This class meets on Tuesdays at 1 PM at 25B Stow Road. A 12-week session begins September 9. Cost is \$48.

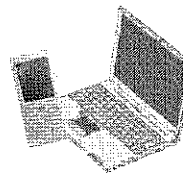
■ **Line Dance** The Line Dance class has great music and offers many health benefits associated with other forms of exercise. There is lots of camaraderie, and you don't need a partner. Beginning September 4, class meets at 9 AM on Thursdays at the Community Center. Cost is \$36.

■ **Tai Chi** Our ever popular Tai Chi classes are aimed at harmonizing the body, mind, and spirit with one's surroundings. The benefits are improved balance, flexibility, vitality, and better overall health. A new 12-week session will begin September 2. The class meets on Tuesdays at 10:30 AM at the Community Center. Cost is \$36.

■ **Water Exercise** Improve your strength, balance, and range of motion in this 6-week water class at Swymfit, 90 Swanson Road. Instructor Curtis Schulz will lead you through a joint-friendly movement routine using flotation belts for assistance. Water exercises greatly increase your activity level and improve your general health and fitness. Minimum 7 students. Classes start Thursday, September 4, from 10:15 AM to 11 AM. Cost is \$30.

Coming This Fall: Mastering Tech Tools

Do you own (or would you like to own) a laptop computer, tablet, or smart phone? These tech tools provide communication, information, and fun. This fall, the COA will be offering a series of classes designed to teach seniors how to use and enjoy laptops, tablets, and smart phones. Classes will be short and simple. You will receive instruction, individualized help, and a mentor to call if you get stuck between classes.



Real beginners should start with an introductory course, Intro to the Online World, which will explain such common features as browsers, menus, and selections. Then you can take one of three basic courses: Using a Computer, Using a Smart Phone, or Using a Tablet. Each course will cover the most popular features of each tool. You will learn how to communicate by voice, email, and images. Later courses will focus on specific areas that include using Facebook, shopping online, making travel plans, video talking, or watching TV shows online.

If these classes interest you, come to an introductory meeting on **Tuesday, September 23, at 3 PM** at the Library. If you would like to teach one of these courses, please contact Laura at the COA office.

FCOA Booth at the Harvest Fair

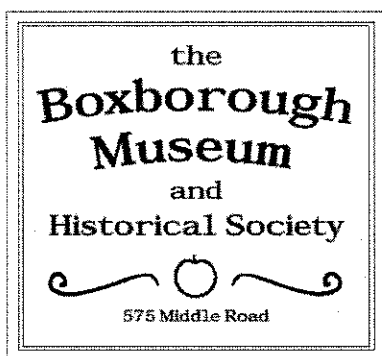
The **Boxborough Harvest Fair** will take place on **Saturday, September 13, from 11 AM–4 PM at Town Hall and UCC**. The FCOA booth at the Fair will offer an assortment of home-baked goodies. Please contact Anne Becklean (978-263-2861) if you wish to volunteer to bring something. Also, the FCOA will be running a 50-50 raffle and also selling a limited numbers of the 2010 (Town Hall) and 2012 (Sargent Memorial Library) Boxborough ornaments (\$10 per ornament).

The Fair is a great way to see your neighbors and support the FCOA. Remember, FCOA proceeds are used to support programs for Boxborough seniors!

(Beauport: Cont. from pg. 1)

While touring Beauport, you'll learn how its architecture evolved, the sources of Sleeper's creativity, and how he influenced designers of his time. You'll also learn about the McCann's and Sleeper's colorful guests who frequented Beauport.

On Thursday, September 18, the COA van **will leave Town Hall at 10 AM**. It will arrive at Beauport at about 11:30 AM—the perfect time to enjoy a boxed lunch! Lunch will be followed at 12:15 PM by a one-hour tour of Beauport. The van will **return to Town Hall at approximately 3:30 PM**. The **cost of the trip (\$22)** includes the van, admission, and a boxed lunch. Please contact Laura (978-264-1717) to make a reservation.



Boxborough Museum Hours This fall, the Boxborough Museum will be open from **2-4 PM**, on **Sunday, September 14**.

Message from the FCOA President

This has been an active year for Boxborough seniors at the Community Center. Thanks to the increased grant from the Acton Boxborough United Way, last year the FCOA has been able to support extra classes and introduce some new ones.

We entertain an average of 60 guests at our luncheons. Special thanks go to the DPW who help us set up tables and chairs, to Anne Becklean for her meal planning, Mary Cobleigh for her valuable assistance, and to Roche Bros for their generous donation towards the meal in December. We appreciate the work of Lorraine Carvalho, who decorates the room and our tables, be it fall, holiday, or spring, to the enjoyment of all. Thanks to all Board members who give of their time and labor for our efforts on behalf of the seniors. Laura Arsenault, the COA Coordinator, is ready and willing to assist with contacts and planning for events and program. Thank you, one and all!

John Fallon, President

COA Transportation Services

Boxborough seniors and residents with disabilities can make reservations through Cross Town Connect for van rides to medical appointments, food shopping, and most local programs. The cost is nominal. You can make reservations and cancellations any time from **8:30 AM to 4 PM Monday through Friday**. To book a trip on the COA van, please **call 978-844-6809**, which is the **NEW** Central Dispatch phone line. Although the phone number has changed, the same COA van and drivers will be providing your service.

Volunteer Driver Transportation

Boxborough Volunteer Drivers if van is unavailable (All area code 978)

- Swan Anderson 263-0272 ■ Anne Canfield 263-2664 ■
- Lorraine Carvalho 263-8060 ■ Rita Grossman 264-4077 ■ Kristen Hilberg 501-2912 ■
- Karyn Kealty 635-9133 ■ Anne McNeece 263-9626 ■
- Susan Vine 266-1266 ■ Jini Vockel 929-9050 ■

Road to Recovery Call 1-800-227-2345 for transportation and information for cancer patients.

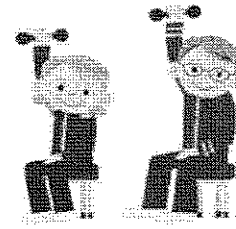
Mon, Aug 18	Movie Monday, 1 PM	Thu, Sept 11	Line Dance, 9 AM Water Exercise, 10:15 AM Game Day, 1 PM COA Board meeting, 3 PM
Tue, Aug 19	Tai Chi, 10:30 AM Yoga for Seniors, 1 PM	Fri, Sept 12	Fitness with Holly, 9 AM
Wed, Aug 20	FCOA Board Meeting, 10:15 AM Knitting Group, 2 PM	Sun, Sept 14	Boxborough Museum, 2-4 PM
Thu, Aug 21	Game Day, 1 PM	Mon, Sept 15	Fitness with Holly, 9 AM Movie Monday, 1 PM
Mon, Aug 25	Movie Monday, 1 PM	Tue, Sept 16	Tai Chi, 10:30 AM Adv. Beginner Spanish, 1 PM Yoga for Seniors, 1 PM
Tue, Aug 26	Tai Chi, 10:30 AM Yoga for Seniors, 1 PM	Wed, Sept 17	Fitness with Holly, 9 AM Knitting Group, 2 PM
Wed, Aug 27	Knitting Group, 2 PM	Thu, Sept 18	Line Dance, 9 AM Water Exercise, 10:15 AM Game Day, 1 PM
Thu, Aug 28	Game Day, 1 PM	Fri, Sept 19	Fitness with Holly, 9 AM
Mon, Sept 1	Labor Day – Town offices and Library closed	Mon, Sept 22	Fitness with Holly, 9 AM Movie Monday, 1 PM
Tue, Sept 2	Book Group, 10 AM Tai Chi, 10:30	Tue, Sept 23	Tai Chi, 10:30 AM Adv. Beginner Spanish, 1 PM Yoga for Seniors, 1 PM
Wed, Sept 3	Fitness with Holly, 9 AM Knitting Group, 2 PM	Wed, Sept 24	Fitness with Holly, 9 AM Knitting Group, 2 PM
Thu, Sept 4	Line Dance, 9 AM Water Exercise, 10:15 AM Game Day, 1 PM	Thu, Sept 25	Line Dance, 9 AM Water Exercise, 10:15 AM Game Day, 1 PM
Fri, Sept 5	Fitness with Holly, 9 AM	Fri, Sept 26	Fitness with Holly, 9 AM
Mon, Sept 8	Fitness with Holly, 9 AM Movie Monday, 1 PM	Mon, Sept 29	Fitness with Holly, 9 AM Movie Monday, 1 PM
Tue, Sept 9	Tai Chi, 10:30 AM Yoga for Seniors, 1 PM	Tue, Sept 30	Tai Chi, 10:30 AM Adv. Beginner Spanish, 1 PM Yoga for Seniors, 1 PM
Wed, Sept 10	Fitness with Holly, 9 AM Wellness Clinic, 11 AM Knitting Group, 2 PM		

-NEW IN BOXBOROUGH-**Police & Fire Department Lunch for Seniors, Wed, Sept 10, noon****Harvest Fair, Sat, Sept 13, 11 AM****Trip to Sleeper-McCann House, Gloucester, Thu, Sept 18, 10 AM****Senior Barbecue, Boxborough Holiday Inn, Sun, Sept 21, noon****-IN NEARBY TOWNS-****Community Supper, Mt. Calvary Church, Acton, every Wed, 5 PM****Bridge, St. Matthews Church, Acton, every Thur, 10 AM****Senior Lunch, Mt. Calvary Church, Acton, fourth Thu, 12:15 PM, starts in Sept****Quilting Group, Mt. Calvary Church, Acton, every Tue, 9 AM, starts in Sept**



Ongoing Events, Classes

To learn more about any event, call
Laura Arsenault: 978-264-1717



Book Group Meets first Tuesdays of the month, 10 AM. Library. New members are always welcome.

Bridge at St. Matthews Church An ongoing group that always welcomes new members. Meets Thursdays, 10 AM. Call St. Matthews at 978-263-2822.

COA Wellness Clinic Second Wednesdays of the month. Nashoba Nursing Service hosts a monthly wellness check for all ages. 11 AM-noon. Community Center.

Community Supper in Acton For everyone on Wednesday at Mt. Calvary Church, Acton. 5 PM. No charge.

Fitness with Holly A 12-week class meets Mondays, Wednesdays, and Fridays at Community Center. Sign up for 1, 2 or 3 days. 9 AM.

Game Day Come and play popular board games with others. Thursdays, 1 PM. Community Center. All are welcome.

Knitting Group A group for those who enjoy knitting or want to learn how to knit. Meets Wednesdays, 2-4 PM. Sargent Memorial Library. For information, please call Anne McNeece: 978-263-9626.

Line Dance A 12-week class taught by Sam O'Clair. Meets Thursdays, 9 AM. Community Center.

Movie Mondays @ Sargent Memorial Library 1 PM every Monday the library is open.

Quilting Group An ongoing group that makes quilts for the needy worldwide. Meets Tuesdays at Mt. Calvary Church, Acton, 9 AM-noon. Call Astrid Perko at 978-263-7016.

Senior Luncheon in Acton An ongoing group; meets fourth Thursdays. Mt. Calvary Church, Acton. 12:15 PM.

Advanced-Beginner Spanish Class Follow-up class to Beginner Spanish class. Meets Tuesdays, 1 PM. Community Center.

Tai Chi A 12-week class taught by Jeff Cote and staff. Meets Tuesdays, 10:30 AM. Community Center.

Water Exercise A 6-week class; friendly water exercises taught by Curtis Schulz. Meets Thursdays, 10:15 AM. Swymfit, 90 Swanson Rd.

Yoga for Seniors A 12-week class of stretching, balance, and yoga taught by Julia Viggh. Meets Tuesdays, 1 PM. 25B Stow Road.



The Friends of the Council on Aging provides financial and volunteer support for programs, classes, and special events of the Friends and the Council on Aging.

To make a donation as a Friend, or as a memorial, clip out this form and send your tax deductible gift to the **Treasurer, Patty Gayowski, 31 Eldridge Rd, Boxborough, MA 01719**. Make checks payable to the **Friends of the COA**. Thanks!

Donation (\$ _____)

\$5 _____ \$10 _____ Other _____

Name _____

Address _____

In Memory of _____